



## **All Women's Self Care Workshop**

Expressive Arts Therapists, Jamie Hume and Rachel Rathbun would like to invite you to an all womens self care workshop: you will learn how self-care is empowering and how you can take better charge of your own life by providing yourself with tools taught throughout this workshop. When we take care of ourselves, we show (everyone) an example of positive esteem and healthy behaviours. Taking care of yourself will help enable you to navigate the holiday season with greater ease.

**42316.100BR**

**Sat**

**Rink Activity Room**

**1:00-4:00pm**

**J Hume**

**Dec 6**

**\$55/1 sess**

Please call Britannia Centre at 604-718-5800  
to register or online @ [britanniacentre.org](http://britanniacentre.org)

